

WESTDALE ROWING ASSISTANT COACHING SCHEDULE

Coaching Schedule: Assistant Coach Pairings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>AM: 5:45-8:30am</u>	<u>AM: OFF</u>	<u>AM: 5:15-7:30am</u>	<u>AM: 5:15-7:30am</u>	<u>AM: 5:15-7:30am</u>	<u>AM: 5:15-7:30am</u>	<u>AM: 5:45-8:30am</u>
<ul style="list-style-type: none"> • Ali – Eben • Mike – (open) • Peter – Anise 		<ul style="list-style-type: none"> • Ali – (open) • Mike – Eben • Peter – Anise 	<ul style="list-style-type: none"> • Ali – (open) • Mike – Eben • Peter – Anise 	<ul style="list-style-type: none"> • Ali – Eben • Mike – Lexi (CB); Anise (coxswain) • Peter – Mary 	<ul style="list-style-type: none"> • Ali – Eben • Mike – Lexi (CB); Anise (coxswain) • Peter – Mary 	<ul style="list-style-type: none"> • Ali – (open) • Mike – Eben • Peter – Anise
	<u>PM: 4-5:30pm</u>	<u>PM: 4-5:30pm</u>	<u>PM: 4-5:30pm</u>	<u>PM: 4-5:30pm</u>	<u>PM: 4-5:30pm</u>	
	<ul style="list-style-type: none"> • W8+ = Peter & Eben • Sr. 4x = Anise • Secondary Boats = Alessandra 	<ul style="list-style-type: none"> • Sr. 4x = Alessandra • FWT 4+ = Anise (cox) & Mary (CB) • Secondary Boats = Eben 	<ul style="list-style-type: none"> • W8+ = Peter & Eben • Sr. 4x & FWT 4+ = Alessandra & Mary (cox) • Secondary Boats = join a CB 	<ul style="list-style-type: none"> • Sr. 4x & FWT 4+ = Alessandra & Mary (cox) • Secondary Boats = Eben 	<ul style="list-style-type: none"> • Sr. 4x & FWT 4+ = Eben • Secondary Boats = Alessandra 	

Regattas: Assistant Coaching Schedule

Mother’s Day Regatta (May 11th) – Anise, Eben, Mary

SNRC Regatta (May 16th & 17th) – Anise, Eben

City Champs (May 25th) – Eben

CSSRA “Schoolboys” Regatta (June 6th-8th) – Anise, Eben, Mary (Friday only)